



Trustees Annual Report

Period Start Date		Period End Date	
From 01 August 2022		To 31 July 2023	
Reference and Administration Details			
Charity Name		Fibro Flare Awareness Group	
Registered Charity Number		1170884	
Charity's Principal Address		77 St Elphin's Close	
		Warrington	
		WA1 2ET	
Names of the Charity Trustees who manage the charity			
Trustee Name	Office Held (if any)	Dates Acted (if not whole year)	Authority to nominate future trustees (Y/N)
Beth Urmston	Chair		Y
Sian Phillips	Deputy Chair		Y
Julie Britten	Deputy Chair		Y
Beverley Barnett	Admin		Y
Sara-Louise Williams	Lotteries Fundraiser		Y



Structure, governance and management	
Description of the charity's trusts	
Type of governing document	<i>Constitution adopted October 2016.</i>
How the charity is constituted	<i>Consisting of Trustees</i>
Trustee selection methods	<i>From volunteers/awareness advocates – with a minimum 6 month probationary period prior to becoming a trustee.</i>
Additional governance notes	
<i>All trustees gave their time voluntary and received no remuneration or other benefits.</i>	
Summary of the objects of the charity set out in its governing document	<i>To support those diagnosed with Fibromyalgia, Myalgic Encephalomyelitis and Chronic Fatigue (FM/ME/CF). To raise awareness among the general public to its debilitation and the impact it has daily and to fundraise for further bio medical research.</i>



	<p>To be proactive in contacting medical professionals, members of parliament, councillors and mayors asking for their help and support for our work.</p> <p>To encourage and assist members to form local support groups and get involved in awareness campaigns.</p>
Summary of the main activities undertaken for the public benefit in relation to these objects	<p>Activities have been curtailed due to ongoing health issues across the board.</p> <p>Ongoing awareness and support offered via social media.</p>

Additional details of objectives and activities

To look at closing the charity with funds being donated towards ongoing research.



Achievement and performance	
Summary of the main achievements of the charity during the year	<p>1st Quarter Ongoing support offered via social media support group only.</p> <p>2nd Quarter As 1st quarter.</p> <p>3rd Quarter As 1st quarter.</p> <p>4th Quarter As 1st quarter.</p>
	<p>Fundraising</p> <p>No active fundraising has been carried out during this period.</p>

Financial Review	
Brief statement of the charity's policy on reserves	At the financial year end, we held cash assets of £4,623.58, all of which is unrestricted funds. These



	<i>funds are held to cover future core costs and to be used towards medical research.</i>
Details of any funds materially in deficit	<i>Not applicable.</i>

Other optional information

Future Plans

Close down charity with transference of funds being donated to medical research.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature	<i>B Urmston</i>
Full Name	<i>Bernadette (Beth) Urmston</i>
Position	<i>Chair</i>
Date	<i>May 2024</i>

Bank Reconciliation for Yr Ending 31/07/2023

Opening Balance as at 01/08/2023	£ 3,586.36
Plus Receipts for Year	£ 363.24
Minus Payments for Year	£ 474.48
Closing Balance as at 31/07/2023	£ 3,475.12

Paypal Reconciliation for Yr Ending 31/07/23

Opening Balance as at 01/08/2023	£1,439.47
Plus Receipts for Year	£0.00
Minus Payments for Year	£0.00
Closing Balance as 31/07/2023	£1,439.47
Total	£4,914.59